

Appl. No. 10/827,561  
Amendment Dated September 22, 2006  
Reply to Office Action of August 18, 2006

**AMENDMENTS TO THE CLAIMS:**

This listing of the claims will replace all prior versions, and listings of claims in the application:

**Listing of Claims:**

1. (canceled)
2. (canceled)
3. (canceled)
4. (canceled)
5. (canceled)
6. (canceled)
7. (canceled)
8. (canceled)
9. (canceled)
10. (canceled)
11. (canceled)
12. (canceled)
13. (canceled)
14. (canceled)
15. (canceled)
16. (canceled)
17. (canceled)
18. (canceled)

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19. (canceled)
20. (canceled)
21. (canceled)
22. (canceled)
23. (currently amended) An exercise device comprising:
  - a) a cross bar;
  - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said ~~center~~ cross bar, wherein said opposite ends of said ~~center~~ cross bar generally do not extend beyond a distal surface of said center section of a respective one of said dumbbells connected thereto; and
  - c) a resilient grip member extending at least partially around said center section of each of said dumbbells and presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise.
24. (previously presented) The exercise device as in Claim 23 wherein:
  - a) at least one of said dumbbells is removably securable to said cross bar.
25. (previously presented) The exercise device as in Claim 23 wherein:
  - a) at least one of said dumbbells is rotatably secured to said cross bar.

26. (previously presented) The exercise device as in Claim 23 wherein:
- a) said dumbbells are removably securable to said cross bar and said resilient grip members are removably securable to said dumbbells.
27. (previously) The exercise device as in Claim 23 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.
28. (currently amended) An exercise device comprising:
- a) a cross bar;
  - b) a pair of dumbbells, each having a center section connected to one of said opposite ends of said ~~center~~ cross bar; and
  - c) a resilient grip member extending at least partially around said center section of each of said dumbbells and in covering relationship to a respective one of said opposite ends of said ~~center~~ cross bar, each of said resilient grip members presenting one of a pair of opposed gripping surfaces for gripping by a user during exercise and wherein said opposite ends of said ~~center~~ cross bar do not extend beyond said gripping surfaces.

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29. (currently amended) The exercise device as in Claim ~~[[23]]~~28 in combination with a plastic carrying case for storing said exercise device and having opposed generally planar surfaces sized to function as a step for performing step type exercises.